

JANUARY 2024

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Living



Meet the
Linfords

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expert contributors



BONE, STRENGTH, POSTURE & BALANCE
Daron O'Donnell - OsteoStrong San Jose
daron@osteostrongsanjose.com
www.osteostrongsanjose.com

To learn more about becoming an expert contributor, contact BVM
at micheleanderson@bestversionmedia.com

I am part-owner of OsteoStrong San Jose; the other partners are my mother and father—it's truly a family affair. The most important reason for starting OsteoStrong was to empower her parents to take ownership of their health. We opened our doors just 17 days before the COVID-19 pandemic broke. Now, a year later, I am so grateful for the many people OsteoStrong has helped in achieving stronger and healthier lives.



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408-369-1486
seasalttherapy.com | support@seasalttherapy.com

Sea Salt Therapy has been holistically serving the Bay Area community for 10 years. Halotherapy (Salt Therapy) is beneficial to those who suffer from asthma, allergies, bronchitis, COPD, and sinusitis. It's also beneficial for post-Covid symptoms such as prolonged cough, brain fog, and overall fatigue. Chromotherapy and Infrared Heat technology address deep systems in the body. Benefits include lowered blood pressure and cholesterol, weight loss, skin purification, muscle recovery, decreased chronic pain, and decreased stress, anxiety, and depression.



PHOTOGRAPHY, VIDEO & DRONE
Danny B. Acevedo - DBAPIX
408-636-3687
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Keeping photography professional since 2012. My business is located in San Jose, CA. I provide high quality photo, video and drone services for private and corporate clients throughout the Bay Area. I enjoy capturing construction, fashion, portraits, wedding, special events and much more. I look forward to capturing your moment.



REALTOR® / BROKER ASSOCIATE
Kirsten Reilly - Compass
408-835-2962
kirsten.reilly@compass.com | www.kirstenreilly.com

After starting her Silicon Valley real estate career in 2003, Kirsten Reilly has steadily built her business with a focus on exceptional client experience, innovative marketing, and superior home preparation that yields higher sales prices for her clients. Her small and highly effective team, along with their expansive network of top-tier service providers, has solidified The Kirsten Reilly Team within the top 1% of most productive residential agents and teams in Santa Clara County.



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408-784-5118
cd@cdsartstudio.com | www.cdsartstudio.com

I love my job! I have been a children's book illustrator for over 25 years. We opened our children's art studio eight years ago with the intent of teaching children that we are all artists with a unique creativity process. Helping children find their own creative artist and to have confidence in their ability is what I love best. Once you help release their creativity, the possibilities are unlimited.



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VETERINARIAN
Dry Creek Animal Hospital
Dr. Amanda Anthony & Dr. Mike Armer
408-560-2882
www.drycreek.vet

Drs. Anthony and Armer established Dry Creek Animal Hospital in 2023; a small animal private practice treating the dogs and cats of Campbell and the surrounding communities. Our focus is to provide high quality medical care by creating strong relationships with our clients and patients, personalizing diagnostic and treatment plans, and emphasizing client education. A collaborative approach to healthcare allows for our patients to live long, happy lives with their families!



YOUTH SPORTS AND RECREATION
Kristina Williams - Los Gatos Elite
408-596-2590
kristina@losgatoselite.com | www.losgatoselite.com

Kristina is a Cambrian native and proud owner of Los Gatos Elite. She has been in the youth sports industry for over 25 years and loves helping children and families through sports. As a mom of four, wife and active member in her community, she knows how important making meaningful connections in her community are. Kristina loves to share her experience as a coach, mom, and business owner.



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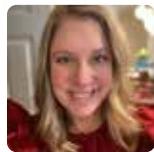
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Would you like to be a part of Cambrian Living? Do you have an adorable pet, community event, recipe, or sports team you would like featured? Do you have any feedback or just want to say hello? Then we would love to hear from you! Please email stephaniekings@bestversionmedia.com with all your Cambrian Living content!

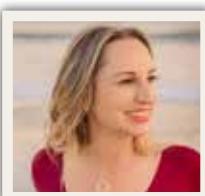
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|| LETTER TO RESIDENTS ||



Michele Anderson
Founding Publisher
of Cambrian Living &
Cambrian Neighbors

Dear Cambrian Community,

Happy New Year! As we embark on the exciting journey that is 2024, it's hard not to reflect on this past year. Each year seems to slip away in the blink of an eye, and yet, here we are, ready for the adventures that the new year holds.

I'm thrilled to share a change that has been on my mind for quite some time. Our journey began in 2020 with the launch of "Cambrian Living." It was a magazine born out of the recognition that, now more than ever, our community needed a platform to come together. The positive response from our neighbors and local businesses was overwhelming.

A year later, we introduced "Cambrian Neighbors" to further connect with our community. While the magazines had different people on the covers and perhaps slightly varied content, they essentially celebrated the same spirit.

As we step into this new year, we've decided to consolidate the people featured on our magazine covers. It's time to showcase the same incredible individuals and families in our community on the cover of both magazines. You might not notice a drastic change, or even have known that there were two magazines but this adjustment allows us to feature the stories of those who make our community extraordinary, all in one place.

To kick off this new chapter, we're delighted to introduce you to an adorable family gracing our cover. Their story marks the beginning of our consolidated approach, and we're eager to share more captivating moments from our very special community.

Here's to a fantastic new year filled with shared stories, connections, and the magic of our community. We can't wait to capture and celebrate many more moments together.

Wishing you all a wonderful and joyous New Year!

Warm regards,

Michele Anderson

Michele Anderson

Founding Publisher of Cambrian Living Magazine & Cambrian Neighbors Magazine

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Meet the *Linfords*

BY STEPHANIE KING
COVER PHOTOS BY DANNY B. ACEVEDO, DBAPIX
AND SUBMITTED BY THE FAMILY



Not all happily ever afters begin with a meet-cute as Hollywood would have us believe. Sometimes they start with an Economic class in Utah! As Rachael Linford describes it "who would have guessed learning about Supply and Demand could be so romantic!" It was in that classroom at Brigham Young University where Rachael and Aaron first met and their happily ever after began.

In 2014 Rachael and Aaron were married at the Oakland California Temple of the Church of Jesus Christ of Latter Day Saints. Both

Linfords graduated from BYU with degrees in accounting and started careers in the Bay Area—Aaron with a Bay Area tech company and Rachael with Apple. As the couple started having children Rachael realized her true calling was to care for her family. She currently stays at home with her kids full time.

The Linford family consists of Rachael, Aaron, Lily (age 5), Clara (age 3), and twin girls due February/March! Oh, and an eight year old Cavalier King Charles Spaniel named Penny who is Aaron's constant shadow and Lindford's first "baby."

continued on pg 6

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Lily finished her first season of soccer with Los Gatos United Soccer (go team Green Unicorns!) and has also participated in Los Gatos Ballet's Spring performance of Peter and the Wolf. She is currently in kindergarten and loves school.

On February 2nd, 2022, a then infant Clara was diagnosed with Rett Syndrome. Of the experience, Rachael states "Clara was born a sweet girl who was meeting all her milestones for the first several months of her life. Once she was on the cusp of walking and talking, she started to regress and lose those abilities. On February 2nd, 2022 Clara was diagnosed with Rett Syndrome. This will be a date our family will always remember. Rett syndrome is a rare neurological disorder affecting primarily girls and often does not present itself until the ages of 1-2 years old. It can be described as having symptoms of Autism, Cerebral Palsy, and Epilepsy."

Some families might let this diagnosis ruin them. But not the Linfords. Clara's diagnosis was the catalyst to support other families affected by Rett Syndrome. "Currently our family organized a 5K/Stroll here at Vasona Park allowing families throughout Northern CA affected by Rett Syndrome to gather with the community," Rachael states. "The 5K was a fun event with lots of friendly competition and a wonderful feeling of hope for the future. We were able to raise more than \$60K for research toward a cure which is getting closer with each year! Clinical trials are underway for Children with Rett syndrome! We are extremely optimistic that there will be a cure for Rett Syndrome in Clara's lifetime. We feel a great responsibility to support the research and science!"

Aaron and Rachael are dedicated to doing whatever it takes to help Clara thrive. She attends therapy to help strengthen her muscles and aid in her development. She also attends a specialty program at Noddin Elementary School where she is supported by teachers, aides, and therapists. But perhaps her biggest supporter is her older sister Lily, who cheers her sister on at every milestone!

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During their free time the Lindfords are actively involved in their church. They have found that their faith has given them strength and guided them through even the toughest of times. Aaron also is an avid reader/Audible listener and loves to tune in when he takes Penny on runs. He also is an excellent racquetball player and even taught the sport in college. Rachael enjoys hiking, jogging, and skiing (when not pregnant) and rooting on the San Jose Sharks. As a San Jose native, she has fond memories of attending the games. Nostalgia is what keeps her coming back to the SAP center for games, even during those rough seasons.

The Lindfords moved to the Carlton neighborhood eight years ago. They fell in love with the tree lined streets and enjoy raising their kids near the neighborhood where Rachael grew up. They were also delighted to find a community full of support and love. Of their neighborhood, Rachael writes "we love our neighbors and are grateful for the love and support given to our family over the years."



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LOS GATOS TOWN
COUNCIL MEETING**

@Town Council Chambers
110 E. Main Street
Los Gatos, CA 95030

Time: 7pm-8pm

Come support your community
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upcoming meetings can be
found at www.LosGatosCA.gov

**EVERY THURSDAY
FAMILY STORY TIME**

@Cambrian Library
1780 Hillsdale Ave
San Jose, CA 95124

Time: 11:00am-11:30am

Come participate in early
learning activities (specifically
for ages 0-5yrs) such as songs,
stories, movement, rhyme, and
finger play! Parent/caretaker
attendance is required. Masks
are suggested for ages 2 and up.

**EVERY SUNDAY
LOS GATOS FARMER'S
MARKET**

@Downtown Los Gatos
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Time: 9:00am to 1:00pm

Enjoy a day in downtown Los
Gatos and support 40+ farmers,
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the Los Gatos Farmer's Market.

**SUNDAY, JANUARY 21ST
FANDOM SWAP**

@Cambrian Library
1780 Hillsdale Ave
San Jose, CA 95124

Time: 2:00PM-4:00PM
Bring your clean, gently used
fandom merchandise (PG-
13 and under please) for
a community swap event!

Keep your items out of a
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meets every third Sunday,
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@De Anza College
21250 Stevens Creek Blvd
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Rooms A and B
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Time: 10:00AM-4:00PM

Book an appointment and help save a life by donating blood this year! Free parking at De Anza College. Space is limited, so make sure to schedule an appointment! More information can be found at <https://sbcdonor.org/>

SUNDAY, JANUARY 28TH

PAWS AND PLAY

@San Jose Womens Club

75 South 11th Street S
San Jose, CA 95112

Time: 3:00pm-7:00pm

"Come out for a fun night of entertainment and friendly competition playing board games, benefiting 13th Street Cat Rescue, a non-profit organization dedicated to providing care and finding forever homes for cats in need. Doors open at 2 pm and the board gaming begins. During the event, you can meet some of the kittens and cats available for adoption. The event is free, but we are asking for reservations to plan attendance and we hope you will donate \$20 or more to benefit 13th St. Cat Rescue. See you there!"



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SADIE SLAUGHTER: NAVIGATING THE COURTS AND CLASSROOM

BY MICHELE ANDERSON

Meet Sadie Slaughter, a 16-year-old basketball enthusiast with a passion for both the game and academic success. Currently a junior at Prospect High School, Sadie has been dribbling on the court since the tender age of 8, showcasing her skills in basketball and field hockey at the high school level. Her sporting repertoire extends beyond the hardwood, including soccer, softball, flag football, and even jiu-jitsu.

For Sadie, basketball is more than a game; it's a pathway to college athletics. As she eyes a future playing college basketball at a high level, Sadie acknowledges the intricate dance of balancing sports, academics, and a social life. Prioritizing her time effectively, she navigates the challenges, aiming for excellence both on and off the court.

Raymond Townsend's advice, "Don't let anyone be bigger than yourself," resonates deeply with Sadie, shaping her mindset and approach to the game. She thrives on the competition, relishing the physicality and fast-paced nature of basketball. Before hitting the court, Sadie finds solace in her pregame ritual – a blend of music and lucky socks, setting the stage for her athletic prowess.

Beyond basketball, Sadie enjoys downtime with friends, music, and building things. As a student-athlete, she values the lessons learned through teamwork – conflict resolution, leadership, and effective communication.

A coach's wisdom, "failure is a roadblock on your journey to success," has become a guiding principle for Sadie. Embracing setbacks as stepping stones, she views challenges as opportunities to grow and improve.

Reflecting on a past mistake – not getting back on defense due to exhaustion – Sadie transformed it into motivation. Committing to extra workouts on her treadmill and court sprints during downtime, she's determined to enhance her fitness and avoid repeating past errors.

In the midst of her athletic journey, Sadie expresses gratitude for the opportunity to share her story. As she dribbles towards her dreams, this junior athlete exemplifies resilience, determination, and a commendable commitment to both her academic and athletic pursuits.



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CONSIDER SAVING A LIFE THIS JANUARY DURING NATIONAL BLOOD DONOR MONTH

BY STEPHANIE KING

January is often the month to rest and reset for the coming year (and give your wallet a break after all the holiday festivities!). Usually during this month, people shop less, eat out less, and surprisingly donate blood a lot less. Despite January being the slowest month for blood donations, the need for blood is still as high as every other month. That's why January is National Blood Donor Month, to help usher in donors and ultimately save more lives.

According to the Red Cross, every two minutes someone in the United States needs a blood or platelet transfusion. Often those in need require up to 100 units of blood during a single transfusion. Upwards of 29,000 units of blood, 5,000 units of

platelets, and 6,500 units of plasma are needed daily across the country. The average donor can give up to 3 units of blood a session, meaning nearly 10,000 people would need to donate blood every day to meet the country's demand.

Those who benefit from blood donations include cancer patients, people with anemia, people who have recently given birth, and surgery patients (www.biobridgeglobal.org). Globally the statistics for blood donations vary. Developed countries use roughly 70% of blood for people over 65, while developing countries use over 50% of blood for children under five.

Most people are eligible to donate blood, and the process



RUTH SMITH

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is often quick and painless! One pint of blood is taken per session, and those over 19 can donate every 56 days. Those ages 16-18 can donate as well but need to wait six months between donations. Side effects are minimal and often prevented by drinking juice and/or eating a sugary snack after (perfect excuse for a cookie!). Stanford Blood Center recommends donors wait a few days before flying, scuba diving, or partaking in any strenuous exercises after a donation.

Although I personally am unable to donate blood due to anemia, blood donations are something near and dear to my heart. Thirty years ago, my cousin needed extensive surgery to save his life. Unfortunately, he had a rare blood type, and his body would reject blood from most donors. Without hesitation, my mom, who spent years

working in the medical field, flew to Los Angeles to donate as much blood as she could in preparation for my cousin's surgery. You see, my mom also has the same rare blood type as my cousin, despite not being related to him by blood. As a young girl, I remember being in awe of my mom and her willingness to help save my little cousin's life. Now my cousin is healthy, happy, and an amazing professor at an Ivy League college.

Blood drives are happening almost daily across Santa Clara County. To find a blood drive near you and book an appointment, please visit <https://www.redcrossblood.org/give.html/find-drive> or <https://stanfordbloodcenter.org/donate-blood/appointments/donation-center-locations/>. You can also check out the calendar in this magazine for an upcoming blood drive.

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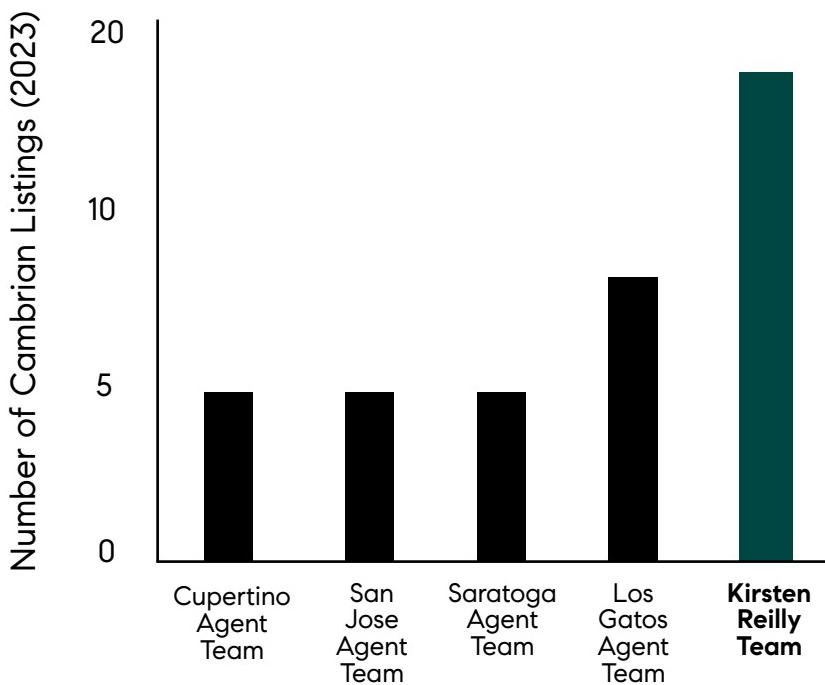
Sold Homes in Your Neighborhood

Street Address	Sq. Ft	Bedrooms	Baths	List Price	Sale Price
1646 Forman Avenue	1,642	3	2 0	\$1,599,000	\$1,650,000
4620 Marbella Court	1,840	4	3 0	\$1,995,000	\$2,150,000
1807 Nelson Way	1,202	3	2 0	\$1,588,000	\$1,600,000
3960 Paladin Drive	1,240	3	2 0	\$1,498,000	\$1,498,000
14361 Lenray Lane	1,173	3	1 0	\$1,698,000	\$1,800,000
3833 Meridian Avenue	1,555	3	2 0	\$1,300,000	\$1,250,000
15390 Charmeran Avenue	2,616	4	3 0	\$2,998,000	\$3,150,000
2366 Starbright Drive	1,552	4	2 0	\$1,549,888	\$1,725,000
4172 Leigh Avenue	1,404	4	2 0	\$1,499,950	\$1,500,000
1730 Cambria Court	2,467	4	2 1	\$1,848,000	\$1,770,000
15045 Stratford Drive	1,177	3	1 1	\$1,499,000	\$1,550,000
3479 Nova Scotia Avenue	1,820	3	2 1	\$1,399,000	\$1,430,000
3456 Kersten Drive	1,210	3	2 0	\$1,300,000	\$1,350,000
15400 Herring Avenue	1,896	4	3 0	\$1,398,000	\$1,820,000
14920 Sutton Dr	3,989	5	4 0	\$3,599,000	\$3,785,000

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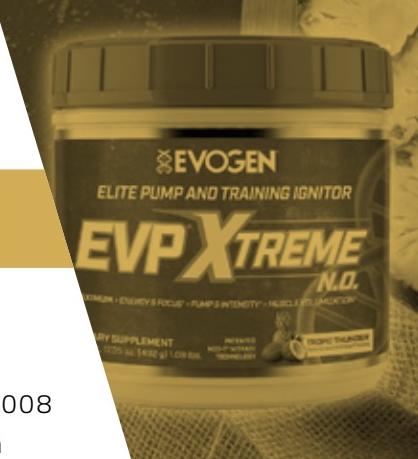


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